



**Out
& About**



January to June 2019

**Better
for life**





Planetarium Experience*

Friday It's time to soar away from earth and take a
18 January journey through the solar system. The Adelaide Planetarium contains a star projector that simulates the starry sky on an eight metre dome. With eye popping visuals, amazing computer generated imagery and cutting-edge science, you'll fly through Venus, and encounter magnetic storms on the sun.

Cost \$38 Includes transport, planetarium experience and lunch

Itinerary

8.00am Depart - The Pines, Health & Wellness Centre
8.30am Depart - The Lodge, Lourdes Valley
9.15am Depart - The Philip Kennedy Centre, Health & Wellness Centre
10.00am - 11.00am Planetarium experience
11.30am - 12.30pm Lunch at Mawson Lakes Hotel (choice of meal)
1.00pm Return - The Philip Kennedy Centre, Health & Wellness Centre
1.45pm Return - The Lodge, Lourdes Valley
2.15pm Return - The Pines, Health & Wellness Centre

***Minimal walking required**



Carrick Hill*

Wednesday
23 January

Enjoy an afternoon at one of SA's best known and loved historic homes and gardens, Carrick Hill. The Carrick Hill house tour will take you through the 1939 English manor-style home, constructed of local Basket Range stone and boasting a wealth of drawings, sculptures, antiques and paintings. After learning about the history of the Haywards, a pot of Devonshire tea and fresh scones will be enjoyed at the Carrick Hill Café.

Cost \$33 Includes transport, guided tour and afternoon tea

Itinerary

- 12.45pm Depart - The Pines, Health & Wellness Centre
- 1.15pm Depart - The Lodge, Lourdes Valley
- 1.30pm - 2.30pm Guided tour of Carrick Hill House
- 2.30pm - 3.15pm Tea and scones at Carrick Hill Café
- 3.15pm - 3.45pm Free time to explore Carrick Hill
- 4.00pm Return - The Lodge, Lourdes Valley
- 4.30pm Return - The Pines, Health & Wellness Centre

***Moderate walking required**



Elvis King of the World*

Friday
1 February

One for the money, two for the show, three to get ready, now go cat go! This Elvis tribute concert will entertain you with an orchestra, choir and singers. Jack Gatto performs as Elvis and James Cupples as Tom Jones in their world famous performance. Before the concert, we'll enjoy a delicious Indian inspired two course meal at a nearby restaurant, The Bombay Bicycle Club.

Cost \$102

Includes transport, concert, two course meal and tea or coffee

Itinerary

- 5.15pm Depart - The Pines, Health & Wellness Centre
- 5.45pm Depart - The Lodge, Lourdes Valley
- 6.15pm - 7.15pm Dinner at The Bombay Bicycle Club
(choose from the menu)
- 8.00pm - 10.30pm Elvis King of the World
- 11.00pm Return - The Lodge, Lourdes Valley
- 11.30pm Return - The Pines, Health & Wellness Centre

***Minimal walking required**



Coorong Discovery Cruise*

Tuesday
12 February

Take a cruise down one of SA's most iconic natural wonders, the Coorong. Treat yourself to the pristine waters, local wildlife, picturesque sand dunes, all topped off with a delicious lunch. The Spirit of the Coorong will take you on a 3.5 hour cruise where you'll go past the Murray Mouth and into the Coorong National Park. There'll be an optional guided walk along the undisturbed white sandy beaches of 90 Mile Beach.

Cost \$99

Includes transport, cruise, guided walk, lunch and afternoon tea

Itinerary

- 10.45am Depart - The Lodge, Lourdes Valley
- 11.00am Depart - The Philip Kennedy Centre, Health & Wellness Centre
- 11.15am Depart - The Pines, Health & Wellness Centre
- 1.00pm - 4.30pm Coorong Discovery Cruise
- 6.00pm Return - The Pines, Health & Wellness Centre
- 6.30pm Return - The Lodge, Lourdes Valley
- 6.30pm Return - The Philip Kennedy Centre, Health & Wellness Centre

***Attendees are encouraged to bring a jacket, hat, sunglasses, comfortable walking shoes and binoculars**



Sunset Cruise*

Tuesday Sit back and relax as you cruise down the
5 March beautiful waterways of West Lakes. The 17 kilometre journey around Delfin Island is the perfect way to take in the beautiful scenery around you. You'll also receive a three course dinner while watching the sunset.

Cost \$58

Includes transport, two hour cruise and three course dinner

Itinerary

- 4.45pm Depart - The Lodge, Lourdes Valley
- 5.15pm Depart - The Pines, Health & Wellness Centre
- 5.30pm Depart - The Philip Kennedy Centre, Health & Wellness Centre
- 6.00pm - 8.00pm Cruise and dinner
- 8.30pm Return - The Pines, Health & Wellness Centre
- 8.30pm Return - The Philip Kennedy Centre, Health & Wellness Centre
- 9.00pm Return - The Lodge, Lourdes Valley

***Minimal walking required**

Cirque Africa 2.0*

Monday 11 March Cirque Africa is a vibrant and highly entertaining blockbuster production which transports each audience to the positive side of Africa through modern stage a performance. Be amazed by the world-renowned African troupe, consisting of 22 performing artists from 4 African countries. After the performance, we'll enjoy a two course meal at The Elephant and Castle Hotel.

Cost \$61 Includes transport, show and two course meal

Itinerary

- 4.15pm Depart - The Pines, Health & Wellness Centre
- 4.30pm Depart - The Philip Kennedy Centre, Health & Wellness Centre
- 4.45pm Depart - The Lodge, Lourdes Valley
- 5.30pm - 6.30pm Cirque Africa 2.0
- 7.00pm - 8.00pm Dinner at The Elephant and Castle Hotel
- 8.15pm Return - The Lodge, Lourdes Valley
- 8.45pm Return - The Pines, Health & Wellness Centre
- 8.45pm Return - The Philip Kennedy Centre, Health & Wellness Centre

***Minimal walking required**



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Jurlique Farm Tour*

Wednesday
27 March Discover the nature and science behind the organic quality skin care products of Jurlique in this unique tour. Nestled in the Adelaide Hills, the Jurlique Farm tour will share with you Jurlique's history, biodynamic farming principles, and harvest processes. You'll also learn about plant varieties and their uses, how seedlings and plants are propagated, bee keeping and soil fertility. Following the farm visit, we will enjoy lunch at the artisan cheese cellar, Udder Delights.

Cost \$44 Includes transport, guided tour and lunch

Itinerary

8.45am Depart - The Pines, Health & Wellness Centre
9.15am Depart - The Lodge, Lourdes Valley
10.00am - 11.30am Jurlique Farm tour
12.00pm - 1.00pm Lunch at Udder Delights
1.30pm Return - The Lodge, Lourdes Valley
2.00pm Return - The Pines, Health & Wellness Centre

***Moderate walking required**



A day in the hills*

Tuesday 9 April Experience Australian motoring history at its best; discovering vintage, veteran and classic cars and motorcycles at the National Motor Museum. Before you run out of fuel we'll scoot across the road for some lunch at the Blumberg Hotel, and finish the day with a pit stop at The Big Rocking Horse, at Gumeracha, the world's biggest rocking horse.

Cost \$49

Includes transport, Motor Museum guided tour and two course lunch

Itinerary

- 9.00am Depart - The Pines, Health & Wellness Centre
- 9.30am Depart - The Lodge, Lourdes Valley
- 10.30am - 12.00pm Guided tour at the National Motor Museum
- 12.00pm - 1.00pm Lunch at the Blumberg Hotel
(choose from the menu)
- 1.15pm - 1.45pm Pursue the Rocking Horse and Toy Factory
at your own pace
- 2.30pm Return - The Lodge, Lourdes Valley
- 3.00pm Return - The Pines, Health & Wellness Centre

***Moderate walking required**



Cleland Wildlife Park*

Tuesday Immerse yourself amongst nature and connect
30 April with animals in their natural environment by
visiting one of SA's major tourist attractions,
Cleland Wildlife Park. There's plenty to see and
do; explore the park, stop to feed the animals
and listen to a keeper talk. Rest the feet and
recharge at the local café for lunch before
you spend the afternoon strolling at your own
leisure.

Cost \$48 Includes transport, Cleland Wildlife Park entry
and lunch

Itinerary

- 9.30am Depart - The Philip Kennedy Centre,
Health & Wellness Centre
- 10.30am Free time to explore the park
- 12.00pm - 12.45pm Lunch at the Cleland Café
- 12.45pm - 1.45pm Free time to explore the park
- 2.45pm Return - The Philip Kennedy Centre,
Health & Wellness Centre

***Moderate walking required**
(own choice of walking distance)



Aladdin the musical*

Wednesday
1 May

From the producer of Mary Poppins and The Lion King comes Disney's spectacular musical, Aladdin. Come on board this magical journey as the genie welcomes you to the middle-eastern city of Agrabah. After the journey you will enjoy a chat, nibbles and a drink at the Goodwood Hotel.

Cost \$95

Includes transport, Aladdin ticket, nibbles and drinks

Itinerary

- 11.45am Depart - The Pines, Health & Wellness Centre
- 12.00pm Depart - The Philip Kennedy Centre, Health & Wellness Centre
- 12.15pm Depart - The Lodge, Lourdes Valley
- 1.00pm - 3.30pm Aladdin
- 4.00pm - 5.00pm Food and drinks at the Goodwood Hotel
- 5.15pm Return - The Lodge, Lourdes Valley
- 5.45pm Return - The Pines, Health & Wellness Centre
- 5.45pm Return - The Philip Kennedy Centre, Health & Wellness Centre

***Minimal walking required**



Kernewek Lowender (Copper Coast Cornish Festival)*

Friday 17 May Come and celebrate the Copper Coast Cornish Festival with the locals at Moonta. It's a festival full of fun and entertainment, including a street parade, maypole, furry dance, markets and a pastry bake-off. After that we'll board the Moonta Heritage Trail train to learn more about Moonta and its mining past.

Cost \$36

Includes transport, train ride, light travel snacks and tea or coffee

Itinerary

8.00am Depart - The Pines, Health & Wellness Centre
11.00am Copper Coast Cornish Festival
2.00pm - 3.00pm Train ride
5.45pm Return - The Pines, Health & Wellness Centre

***Moderate walking required**



McLaren Vale Wine Trail*

Wednesday
22 May

Jump on board the McLaren Vale Wine Trail to explore the history and craft behind this world-famous wine making region. The first stop is the Beach Road Winery for fresh dips, flat bread, salad, wood fired pizza and wine tasting. The second stop is at d'Arenberg Cube to explore the five levels and optional wine tasting, and the third spot is at the artisan chocolatier Bracegirdles for sweets.

Cost \$64

Includes transport, entry into d'Arenberg Cube, two wine tastings, lunch, dessert and tea or coffee

Itinerary

- 10.45am Depart - The Lodge, Lourdes Valley
- 11.15am Depart - The Pines, Health & Wellness Centre
- 12.00pm - 1.30pm Visit Beach Road Winery
- 1.45pm - 2.30pm Visit d'Arenberg Cube
- 2.45pm - 3.45pm Visit Bracegirdles
- 4.30pm Return - The Pines, Health & Wellness Centre
- 5.00pm Return - The Lodge, Lourdes Valley

***Minimal walking required**



Adelaide Gaol*

Friday 28 June Hear the stories of the Adelaide Gaol and its 300,000 prisoners during its 147 years of operation. It's one of the two oldest remaining public buildings in South Australia and is a unique experience that's guaranteed to be enjoyed. The Adelaide Gaol guides have in-depth knowledge about the site and will make sure you learn something new.

Cost \$38 Includes transport, guided tour and afternoon tea

Itinerary

- 12.00pm Depart - The Pines, Health & Wellness Centre
- 12.45pm Depart - The Philip Kennedy Centre, Health & Wellness Centre
- 1.30pm - 3.00pm Guided tour of Adelaide Gaol
- 3.00pm - 3.30pm Afternoon tea
- 4.00pm Return - The Philip Kennedy Centre, Health & Wellness Centre
- 4.45pm Return - The Pines, Health & Wellness Centre

***Moderate walking required**



The Southern Encounter*

Sunday 2 June & Sunday 16 June The Southern Encounter train ride takes you on a historical journey from the Adelaide Hills to the coastal town of Victor Harbor. You'll pass through several long abandoned station sites, the historic township of Strathalbyn, and see plenty of local wildlife in the Fleurieu Peninsula. You'll also have time to spend in Victor Harbor where you can have lunch, or learn about the local town history.

Cost \$73

Includes transport and return ticket for the Southern Encounter

2 June - Itinerary **Lourdes Valley & The Pines**

8.45am	Depart - The Pines, Health & Wellness Centre
9.15am	Depart - The Lodge, Lourdes Valley
10.00am - 12.45pm	Train ride from Mount Barker to Victor Harbor
12.45pm - 3.45pm	Free time in Victor Harbor
3.45pm - 6.00pm	Return train ride from Victor Harbor to Mount Barker
6.30pm	Return - The Lodge, Lourdes Valley
7.00pm	Return - The Pines, Health & Wellness Centre

***Minimal walking required**



16 June - Itinerary The Philip Kennedy Centre

- 8.30am Depart - The Philip Kennedy Centre, Health & Wellness Centre
- 10.00am - 12.45pm Train ride from Mount Barker to Victor Harbor
- 12.45pm - 3.45pm Free time in Victor Harbor
- 3.45pm - 6.00pm Return train ride from Victor Harbor to Mount Barker
- 7:15pm Return - The Philip Kennedy Centre, Health & Wellness Centre

***Minimal walking required**

Out & About terms and conditions

Bookings

- Bookings can be made over the phone or at your local Health & Wellness Centre;

The Pines
336 Marion Road, North Plympton
(08) 8179 6825

Carmelite
7 Spence Avenue, Myrtle Bank
(08) 8433 0475

The Philip Kennedy Centre
20 Wigley Street, Largs Bay
(08) 8242 2985
- Payment options:
 - Over the phone EFTPOS transaction
 - On site credit card, eftpos or cash
- Full payment must be made within 2 days of booking
- Booking will be cancelled if payment is not made within 2 days
- If booking within 7 days of the outing, payment must be paid at the time of the booking

Cancellations

- Due to outing popularity, bookings must be cancelled a minimum of 7 days in advance to receive a full refund
- If less than 7 days notice, but greater than 48 hours notice, 50% of the outing fee or equivalent credit to use for future outings will be refunded
- No refunds or credit notes will be available if you cancel within 48 hours of the outing
- Southern Cross Care reserves the right to evaluate cancellations at its own discretion



General Information

- You will receive a phone call or SMS reminder two days before the outing. Ensure Southern Cross Care has your correct up-to-date contact details when making a booking
- Please be at the departure location 10 minutes prior to the outing
- If any passengers have not arrived by the requested departure time, the driver will wait a maximum of 10 minutes before departing
- The bus driver will have participant contact details
- All participants must be independently mobile for all outings
- Walking and mobility requirements vary depending on the nature of the outing
- Check physical requirements of each specific outing to see whether it is suitable for your level of mobility
- Check trip inclusions for meals and beverage information

Departure locations

The Philip Kennedy Centre, Health & Wellness Centre
20 Wigley Street
Largs Bay

The Pines, Health & Wellness Centre
336 Marion Road
North Plympton

The Lodge, Lourdes Valley
18 Cross Road
Myrtle Bank

Out & About

Get out and about and join us on our social excursions. With different locations and experiences each time ranging from visiting the zoo to the theatre, there is something for everyone!

See inside for details on how to book your next adventure.

southerncrosscare.com.au



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